CMS 201: Interpersonal Communication
Hybrid/Fall 2026

Dr. Meg Sargent, PhD
Associate Professor

Instructor Email: sargentm1@southernct.edu *[All email should contain **"CMS 201"** in subject line]*
Office: EN B19
Office Hours: *Posted on Bb Homepage*

Course Description: Investigation of interpersonal communication behavior, the effects of communication on relationships, and interactions within a variety of relational contexts. 3 credits.

Learning Outcomes: Upon successful competition of the course, students will be able to:

- Identify and describe major theories, concepts, and issues related to the study of interpersonal communication behavior.
- Demonstrate self-awareness of their own interpersonal communication behaviors through self-monitoring and reflection.
- Display skills associated with effective and appropriate interpersonal communication, including effective listening, emotional intelligence, relational maintenance, and conflict management.
- Describe specific ways that interpersonal communication differs in various contexts including romantic partners, family members, and friends.

Required Resources:

Textbook:

- Wood, J.T. (2020). Interpersonal communication: Everyday encounters (9th ed). Cengage.

Online/Hybrid Classroom Materials**:**

- ✓ Full access to SCSU e-mail account
- ✓ Full access to Blackboard (Discussion Board; Quizzes; Assignments; Presentations)
- ✓ Full access to Microsoft Office including Word, PowerPoint, WebEx, Teams (free via SCSU)

Time Commitment:

- An in-person class scheduled for 15 weeks, meets 2.5 hours a week, with an additional 2 hours of study/homework time expected each week. That means than in a "regular" course, you can expect to spend ***4.5 hours on class each week.*** You should be prepared to commit that time in order to successfully pass this course.

Attendance:

- This class has been designed in a hybrid format, which means approximately half of the course will be delivered on-ground, while the other half is used to work independently or in groups. Attendance and active participation are required for both formats. **ATTENDANCE IS MANDATORY.** After two **(2) absences** (excused or not) there will be a ***5-point deduction*** for each subsequent absence. A maximum of THREE **(3) absences** allowed. A **4th absence will result in failing** (or withdrawing) from the course.

Instructor Policies & Requirements:

- All assignments are due ON OR BEFORE the scheduled date (unless otherwise noted). ***Late work will not be accepted; no exceptions.***
- All e-mail correspondence with your professor should be sent from your SCSU account and include **CMS 201** in the subject line.
- Presentations and/or quizzes **will not be rescheduled** except under extenuating circumstances with *a verifiable written excuse and documentation* provided to the professor.
- Please respect the confidences of your classmates. This is a class that often involves the discussion of personal issues and relationships, therefore **what is discussed in class should stay in class**. You can expect that any written assignments turned in to the professor will remain personal and confidential.

Accommodations:
If you are a student with a documented disability, the University's Center for Academic Success and Accessibility Services (CASAS) can work with you to determine appropriate accommodations. Before you may receive accommodations in this class, you will need to make an appointment with CASAS (located in BU 303). To discuss your approved accommodations with me or any other concerns, please contact me as soon as possible.

Academic Dishonesty:
Plagiarism will *not be tolerated in* class and will result in an automatic "F" for this course. Law protects "words" that belong to another author and they must be acknowledged whenever you borrow them. This also applies to source information gathered from the internet as well as AI. Although this will be discussed further in class, as a student at SCSU, you must practice academic honesty and need to be familiar with the Student Conduct Code found in the Student Handbook:
http://www.southernct.edu/services/staffairs/publications/

How this Class Works: *Format & Requirements*

Hybrid Format: A hybrid course replaces a portion of traditional face-to-face instruction with web-based learning. By combining the benefits of both formats, hybrid courses allow for maximum application of the skills learned. With course content available online, face-to-face class time can be spent more constructively with activities and discussion. As indicated on the syllabus, approximately 50% of the class will meet on ground, with the remainder conducted online. Days and dates of on-ground classes (as well as topics covered) are clearly indicated on the syllabus. *Attendance required.*

Learning Modules: This course is divided into separate learning modules spanning the 16-week semester timeline. Each module will be clearly labeled with specific time frames and contain an overview that highlights what the unit will cover, resources and required readings, and assignments).
Note: Schedule and due dates run weekly: Monday-Sunday

Specific Course Requirements:

Theory-in-Practice (TIP): Brief (1-2 page) papers demonstrating the application and practice of relevant interpersonal concepts as outlined in chapter readings

Reading Quizzes: Reading Quizzes will be required for each learning module, covering chapter reading and other material provided for the week. Students will have 10 minutes to complete 6 questions. Reading quizzes are due by 11:59pm on Sunday of the week that chapter/topic is being covered. *A missed quiz or deadline cannot be made up or extended.*

Self-Collage: The defining and discovery of self through a collage depicting relevant application of self-concept (written and presentation):

Miscellaneous: Brief reflective writing applying relevant principles:

Final Project: Micro-Skill Building: In small groups, students will define, demonstrate and teach "micro-skills" to the class relating to relevant interpersonal principles and contexts. Written and presentation requirement:

Grading Scale

Course grades are based on the following percentages of points earned in the course:

A+	97%+	**C+**	77-79%	**F** 0-59%
A	93-96%	**C**	73-76%	
A-	90-92%	**C-**	70-72%	
B+	87-89%	**D+**	67-69%	
B	83-86%	**D**	63-66%	
B-	80-82%	**D-**	60-62%	

Grade Equivalents: The description for assigning grades is as follows:

A= Outstanding work that is superior and demonstrates an in-depth understanding of the skills and material that *far surpasses* the minimum expectations of the student
B= Above average work that demonstrates understanding of the skills and material that *exceeds* the minimum requirements
C= Average work that demonstrates that the student has met the *minimum requirement* and expectations for a particular assignment
D= Below average work in which the student *does not meet the minimum expectations* for a given assignment
F= Poor work in which little or no effort seems to have been expended by the student to meet even minimal requirements.